



# FOOTBALL BODY BLAST



Welcome to the Westport Parks and Recreation **Football Body Blast** program. Staples High School Head Athletic Trainer Gaetana Deiso will provide a competitive, cooperative and supportive environment which will prepare the football athlete to excel on and off the field. The Football Body Blast is designed for middle school football athletes and will emphasize the total athletic elements of football such as dynamic flexibility, efficiency of movement, coordination, agility, speed, explosive power and plyometrics and core strength.

## GENERAL PROGRAM INFORMATION

The Football Body Blast is available to boys, grades 6 - 8. Training will be outdoors and will incorporate agility ladders, speed harnesses, hurdles, foam rolls, and other equipment to help you reach your goal! **Please check out their website for more information at [www.bodyblasted.com](http://www.bodyblasted.com).**

<b>Session 1:</b>	<b>July 26 – 29</b>	<b>Monday – Thursday</b>	<b>8:30am – 9:30am</b>	<b>SC11</b>
<b>Session 2:</b>	<b>August 2 - 5</b>	<b>Monday – Thursday</b>	<b>8:30am – 9:30am</b>	<b>SC12</b>

P.J. Romano Field at Saugatuck Elementary School

## WHAT TO BRING

Attire should be comfortable workout clothing such as, shorts or sweatpants, T-shirt or sweatshirt and sneakers and socks. Please bring a sweatshirt or warm-up jacket for cool weather. Bring plenty of water or sports drink.

## DROP OFF AND PICK UP

Please make sure you drop off and pick up your child at the **P.J. Romano Field**. Staff will be available 15 minutes prior to start time to receive participants. Late pick-ups will not be tolerated and could result in the participant being suspended from the program. Please obey all traffic and parking regulations to avoid being ticketed.

## GENERAL RULES

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of each day, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.